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Find this newsletter, and
a wealth of information
on the County Website:

www.weakleycountyn.tn.gov

The Weakley County B•E•A•T

Bringing • Employees • Answers • Today

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ParTNers EAP Teams Up with AARP to Provide Additional Benefits for Employees

The ParTNers Employee Assistance Program (EAP) is offering a one-year AARP membership at no cost to employees. AARP is the nation's leading organization for people age 50 and older. AARP membership includes:

- Trusted information and resources like *AARP The Magazine*
- Everyday discounts on travel, entertainment, hearing and vision care, dining and more.
- Tool to help with everything from finances to healthy living.

Are you already an AARP member? Registration extends your membership for an additional year.

Are you not yet 50? AARP's sign-up page allows you to pass along a one-year membership to someone you know aged 50+.

This is a great opportunity to let someone you care about take advantage of the benefits of AARP for one year- free! There is no cost or obligation to continue your membership once your complimentary year of membership expires. To get started, log on to www.Here4tn.com, enter the site, and access the AARP link.

ParTNers for Health Introduces New ParTNership Promise Status Indicator

**PARTNERS
FOR HEALTH™**

Weakley County employees that are currently enrolled in the ParTNership Program can find out where they stand on fulfilling the Partnership Promise. ParTNers for Health now has a Status Tracker that appears upon member login.

To check the status of your account, simply log in to your ParTNers for Health Wellness Account. If you do not currently have one, visit www.partnersforhealthtn.org, click "My Wellness Account", and then click "Create an Account".

For a refresher, the Partnership Promise for 2012 includes:

- 1.) Keeping contact information up to date with the Department of Finance. (731.364.5429)
- 2.) Participating in health coaching.

For help logging in, or questions about the ParTNership Promise, call the Finance Office: 364.5429.



Considering Retirement? How to Get Rolling

Retirement can seem both exciting and intimidating. TCRS and the Department of Finance are here to help. First, read Retirement...A New Beginning, which is a guide to retirement. It can be found on the TCRS website: www.tn.gov/treasury/tcrs.

The next step in the retirement process is to have your retirement benefit estimate calculated. General estimates are printed on your annual statement. Then, you must decide on the plan that would be right for you. See available payment plans at www.tn.gov/treasury/tcrs. Once you choose a payment plan and date, start the paperwork. TCRS suggests you begin the paperwork 60-90 days in advance to ensure the office has adequate time to calculate the benefit.

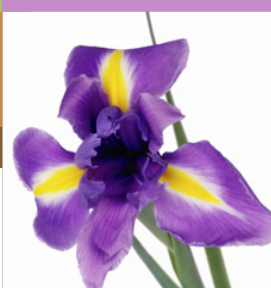
Here is a breakdown of the series of steps:

- Obtain necessary forms from Finance Office
- Fill out a retirement application
- Fill out insurance application (if under 65)
- Notify Department of Finance of intent to retire
- File TCRS retirement eligibility application and related forms 60-90 days prior to last paid date of service
- If you meet eligibility requirements at time you terminate employment, file for benefits within 150 to avoid benefit loss
- Decide which benefit payment option to be selected
- Choose payment method of any accrued annual leave
- If 65 or older, apply for Part B of Medicare when sponsored insurance coverage ends.
- Apply for social security benefits when eligible. You must file a separate application: call 1-800-772-1213 for info.

To learn more, visit TCRS: www.tn.gov/treasury/tcrs.

Seem confusing? Call or stop by the Finance Office in Dresden.

The Department of Finance can help get you started, provide benefit estimates, and answer questions. Also feel free to call us: 731.364.5429, or e-mail: franciscos@k12tn.net.



Dates to Remember

May 2, 2012
Senior Citizen Luncheon
Potluck Lunch - Noon
McWherter Civic Center
Contact - Gail Rogers: 364-5678

May 3, 2012
Golf Tournament
Lunch 11:30 | Tee-off 12:30
Persimmon Hills Golf Course
Registration required : 364-3787

May 4, 2012
Music Fest:
Court Square
Lawn: 7 - 10 p.m.
Live entertainment, Free picnic



May 5, 2012 - Saturday
Iris Festival Parade
10:00 a.m. - Bring a chair
Starts on Evergreen, ends on Main

Did you know...

• This year's Iris Festival theme is "Hats off to the Iris", and everyone is invited to wear a hat that reflects their personal style at the McWherter Luncheon on May 5. The winning hat wins \$200!

• Ned Ray
McWherter was the
first Grand Marshal
of the Iris Festival
Parade in 1980.



Payroll Changes Reminder

All changes for June, July, and August non-certified school payrolls must be submitted by May 18, 2012. This includes changes in bank accounts, tax withholdings, and deductions. To submit these changes, drop by the Department of Finance in Dresden located at 8319 Highway 22 in Suite B. Feel free to e-mail questions to Shawn Francisco, Director of Finance: franciscos@k12tn.net, or call us at 364.5429.

ParTNers EAP Provides Tips for Caregivers Known as "The Sandwich Generation"



Millions of people are active caregivers for aging relatives. More than half of these caregivers also are caring for children under the age of 18, while trying to balance full- or part-time work outside the home. Finding the balance between family obligations and work can be a challenge. These self-help strategies can help.

- Communicate—Good communication among elders, parents and children is vital. Through talking and sharing, everyone will know clearly what is expected and will have a sense of belonging.

- **Ask for Help— Don't just "wish" that someone would help you. Make it known to others that these are shared responsibilities and it is someone else's turn this time.**

- Take Care of Yourself—Eat healthy foods, exercise and get as much sleep as possible. Wearing yourself out won't make you a better caregiver.

- Make Time for YOU—When being pulled between the demands of children and elderly parents, other relationships may be impacted. Maintaining a solid, loving relationship will provide you with a continuous and much needed source of strength.

- Look into Community Programs—Weakley County has Senior Citizen Centers, transportation programs and other community resources that can assist you with your loved one's care while allowing your parents or children to enjoy the company of their peers.

- Use Available Resources—Learn about outside resources available to help you as a caregiver. Ask friends, physicians, schools, support groups or your ParTNers EAP about options.

Remember that the ParTNers EAP is always there to help: 1-855-437-3486.



It's that time of the year again, so dust off your shoes! ParTNers for Health has kicked off their 5-week fitness challenge. The program will run from April 9 through May 11, but don't be discouraged if you are starting after April 9 - Step into Spring gives you all the tools you need to get your summer started on the right foot.

The program is a fun way for you and your family to become more active and improve your health.

During the 5-week fitness challenge, participants will receive weekly emails with health and fitness tips to help stay motivated. The challenge allows you to log your activity online using the fitness tracker at www.GetFitTN.com. At the end of the challenge, the Grand Division that logs the most activity wins!

Each week, you will receive information, tools and resources on these topics:

Week 1: Exercise 101. Discover the ins and outs of exercise.

Week 2: Starting a walking program. Find out how walking can improve your health.

Week 3: Exercise and safety. Don't get side-lined by an injury! Learn exercise safety.

Week 4: Health and wellness. Learn about physical and emotional health, and wellbeing.

Week 5: Fitting exercise into your life. Find out how to keep the drive to exercise.

Additionally, through your ParTNers for Health wellness benefits, members can receive additional support—both online and over the phone—to reach your fitness goals. You can always call a ParTNers for Health Coach for weight loss information, nutrition, exercise planning and health questions. Health Coaching is completely confidential and FREE to members!

Email: partnersforhealthcoach@apshealthcare.com

Phone: 1-888-741-3390, 8 a.m. to 8 p.m. CST, Monday–Friday

Sign up now at www.GetFitTN.com, choose your Grand Division team and start logging your activity. Every step helps!

To learn more, visit www.partnersforhealthtn.gov/documents/sis_flier.pdf.

2012 Iris Festival Schedule

SATURDAY, APRIL 28, 2012

- Opening Ceremonies, City Park 6 p.m.
- Arts & Crafts Marketplace
- Fireworks Extravaganza & Carnival Opens



SUNDAY, APRIL 29, 2012

- Cemetery Walk - Sunset Cemetery, 5 p.m.

MONDAY, APRIL 30, 2012

- Prayer Breakfast - Dresden Elementary 7:00 a.m. - Tickets \$5.00

- Tasting Party Dresden Elks Lodge - 5 p.m. - 7 p.m. | \$7.00

TUESDAY, MAY 1, 2012

- Children's Fun Bingo - Dresden Elementary 6:00 p.m. - 7:00 p.m. | Free prizes

- Fun Bingo - Dresden Athletic Center 7:00 p.m. | Free prizes

WEDNESDAY, MAY 2, 2012

- Baking Contest - McWherter Civic Center 8:00 a.m. - 10:00 a.m. | No entry fee

- Senior Citizens Luncheon McWherter Civic Center - 12:00 noon potluck

- Pancake Supper - Dresden First Baptist Family Life Center | 5 p.m. - 7 p.m. | \$5.00

- Community Wide Gospel Singing Dresden First Baptist Church - 7:00 p.m.

THURSDAY, MAY 3, 2012

- Community Health Fair- Court Square 9:00 a.m. - Noon, Free Health Screenings

- Quilt & Needlework Show

McWherter Civic Center: 10 a.m. - 4 p.m.

- Golf Tournament-Persimmon Hills Golf Course: Lunch 11:30 a.m. - Tee off 12:30 p.m.

- Fairy Tale Feast - FREE

Dresden Elementary Cafeteria 4 - 5:30 p.m.

- Fashion Show - Dresden Elementary 6:30 p.m. | Tickets \$5.00

FRIDAY, MAY 4, 2012

- Ken-Tenn Iris Association Show -

Dresden First Baptist 7:00 a.m. - 5:00 p.m.

- Tennessee Iris Festival Horticulture Show - Dresden First Baptist, Public viewing 1 - 5 p.m.

- Corner Café - Dresden United Methodist 11:00 a.m. - 1:00 p.m. | Tickets \$5.00

- Music Fest: Court Square Lawn, 7 - 10 p.m. Entertainment by local talent | Free picnic

SATURDAY, MAY 5, 2012

- 5K Race & 2 Mile Walk (8:00 a.m.), 1 Mile Kids Fun Run (8:50 a.m.), .25 Mile Tot Run (7:30 a.m.) Corner of Main & Poplar Streets

- Tennessee Iris Festival Parade - 10 a.m.

Starts on Evergreen St. & ends on Main St.

- McWherter Luncheon: Carey Lawn in Dresden - Noon | Advanced tickets required \$10.00

- Pet Show, FREE Dresden City Park - 1 p.m.

- Antique Tractor Pull - Richie & Reggie's BBQ in Dresden, 11 a.m. - \$20 entry, no hot rods

TO SEE A DETAILED SCHEDULE:

<http://www.weakleycountyttn.wordpress.com>